October

2023

THE LIONS' PRIDE
MEDIA GROUP

Dade City Farms Fall Festival: A southern spin on fall

Sophia Sullivan
Arts & Culture Editor
Emily Hernandez Dominguez
Campus News Editor

Antique tractors are an essential Florida fall photo prop. (Photo by Ben Hasapidis)

There are many fun and family-friendly activities available to try on the farm. (Photo by Emily Hernandez Dominguez)

Fall has officially blown its way into Dade City. The mornings are getting colder, leaves are starting to dance around, and students are huddled in coffee shops preparing for midterms.

The Dade City Farms in Lake Iola, Fla., welcomed fall in true autumn fashion with a Fall Festival! Every Saturday and Sunday until October 29, visitors from near and far can experience a Floridian fall that is rooted in the charms of rural life.

For college students, it is vital to get out of the dorms and library to get fresh air, especially during midterm exams. An event like this is the perfect opportunity to wind down with friends or family without too much of a hassle or fee.

Ben Hasapidis, a sophomore majoring in digital communications, attended the Fall Festival.

"What I liked about the festival is that there were fun activities you could do like feed the animals, take a ride on the tractor around the property, and look at different vendors of small businesses that were selling handmade items like clothes and hats," said Hasapidis.

While the property is expansive, there are ample activities to keep visitors engaged, especially if they have young children.

Young adults can find themselves entertained by feeding a decent selection of farm animals, like a Highland cow, goats, and a pony.

Hasapidis was especially excited about one certain animal present.

"You can feed a camel!" Hasapidis exclaimed.

Additionally, the photo opportunities are countless. The farm offers different props, cutouts, and natural backgrounds perfect for an Instagram photoshoot. You can pose with a pumpkin, sit on top of a hay bale, or even have monarch butterfly wings in front of a corn field.

Caroline Magill, a sophomore majoring in medical humanities, said, "What I liked most fabout the festival was the pumpkin patch and the sunflower field. When I think of fall, I think of both these things, and they make perfect spots for photos."

However, do not forget to feed yourself and your group after feeding the animals and taking photos!

There is a diverse selection of food selections at the festival. If you are interested in an authentic Mexican meal, Yesis Catering is the place for you. They have quesabirria and tacos that make a perfect addition to your day.

If you would rather go Greek, there are options available as well. But, if you would prefer to have classic American cuisine, there are hotdogs and barbeque options. To top it all off, Sugar and Spice, a dessert company, offered various fun and seasonal flavors of cupcakes.

Also, you cannot leave the festival without trying the frozen apple cider beverage!

This is also a fantastic opportunity to support some small merchandise businesses.

Dade City Farms presented an adorable little shed full of local goodies for visitors to purchase. Local honey, freshly cut sunflowers, and homemade jams (which you can sample) were on display and were monitored by an extremely sweet employee.

"I also liked how there were opportunities for visitors to support small businesses by strolling around the shopping tents. There were a lot of unique items being sold," said Magill.

The farm is a very safe environment, as most visitors come with their families.

"I would go again! It is a great activity to do with friends and loved ones," said Hasapidis.

If you want to experience a traditional Florida fall, look no further than Dade City Farms, a short 15-minute drive from the Saint Leo University Campus. You will not be disappointed with your choice of fall activity.

Newsroom

The Lions' Pride Media Group is the student-run publication of Saint Leo University, free from institutional interference from conception to print. We publish in print once monthly, and weekly online at our website and through our social media sites. It is the mission of The Lions' Pride Media Group to provide accurate news and diverse opinions that are important to the Saint Leo community, and our goal is to inform and entertain readers while providing thought-provoking journalism without fear of reprisal.
We are located in the Student Activities Building in Office 106.

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To inquire about putting an advertisement in the newspaper or social media, please contact Isa Riaño at isabella.riano@email.saintleo.edu.

Satyne Doner
Editor-in-Chief
satyne.doner@saintleo.edu

Sarah Gilley
Editor-in-Chief
sarah.gilley@saintleo.edu

Myla Shashiki
World News Editor
myla.shashikimoya@saintleo.edu

Sophia Sullivan
Arts & Culture Editor
sophia.sullivan@saintleo.edu

Isa Riaño
Advertisement Editor
isabella.riano@saintleo.edu

Crystal Smith
Managing Editor
crystal.smith02@saintleo.edu

Emily Dominguez
Campus News Editor
emily.dominguez@saintleo.edu

Bao Han
Online Editor
bao.han@saintleo.edu

Pia Perthen
Sports Editor
pia.perthen@saintleo.edu

Erick Angeles
Layout Editor
erick.angeles@saintleo.edu

Daria Krainova
Social Media Editor
daria.krainova@saintleo.edu

Caitlyn McGregor
Layout Editor
caitlyn.mcgregor@saintleo.edu

Dr. Valerie Kasper
Faculty Advisor
valerie.kasper@saintleo.edu

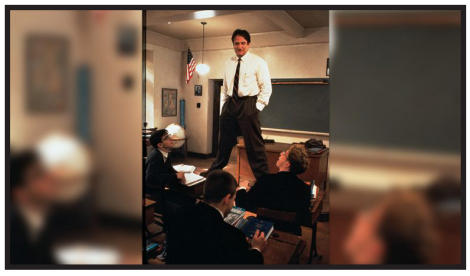
Help support small businesses and keep Florida traditions alive by connecting with Dade City Farms on social media. (Photo by Emily Hernandez Dominguez)

Cozy up with these picks: 10 academia movies to watch this fall

Cameron Castelli
Contributing Writer

1. Dead Poets Society (1989)

Dead Poets Society, adapted from its novel form, is sure to inspire you for the fall mood. With rousing quotes and heart-breaking plot twists, it is sure to move the soul. Focusing on a preparatory high school based on discipline and tradition, seven boys with a passion for beauty and poetry break out beyond the confinements of their school's expectations when a new English teacher comes to town.



2. The Half of It (2020)

This is not a love story, at least not one in the typical sense. Ellie Chu, an introverted straight-A student, finds herself helping the hopelessly in-love jock to woo the girl they both secretly love. As the gimmick continues, they teach each other about what love is in all its forms. This coming-of-age drama will leave you ready to cuddle up with some Taylor Swift songs and a cup of apple cider this fall.

3. Good Will Hunting (1997)

This stirring film focuses on an unsuspectingly brilliant young man. Strong-headed Will Hunting is given a golden opportunity to flaunt his mathematical genius, but first must solve his own internal problems. When Hunting meets the girls of his dreams, he must face the choice to fix his defenses and either pursue the girl or his mathematical gifts.

4. The Craft (1996)

New girl, Sarah Bailey, has a not-so-warm welcome to her new Catholic school. In her rough transition to the new community, three outcast girls take her in. All going through their own traumas and bullied by their peers, the four girls form a coven and turn to witchcraft to get their revenge. You're sure to be entranced by this spooky classic.

5. Dorian Grey (2009)

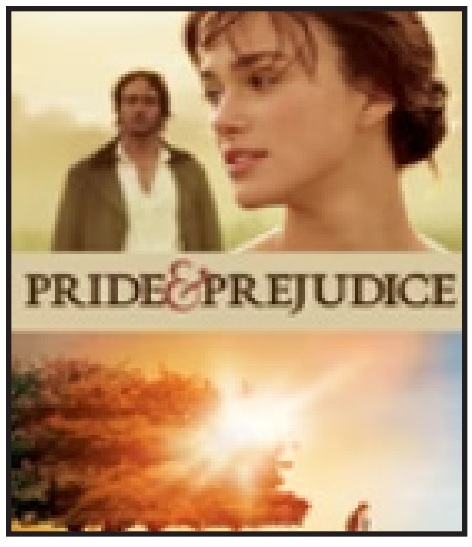
An unforgettable face, a mysterious portrait, and a deal with the devil bind the fate of young Dorian Grey. Grey's soul is placed into a portrait of himself so he can live as an immortal. But the catch is that for every sin he commits, the painting fades away, along with his soul. In this terrifying thriller, adapted from its original novel form by Oscar Wilde, the material and vain take hold of the mind, body, and soul.

6. Enola Holmes (2020)

A spin-off of the classic Sherlock Holmes, hit movie, Enola Holmes focuses on the brilliant mind of the famous detective's little sister. When her mom mysteriously goes missing, Enola feels it's her job to find her. Evading boarding school and enlisting the help of a runaway Lord Tewksbury, Enola must solve the mystery of her missing mother as the secrets become more deadly while political tension rises.

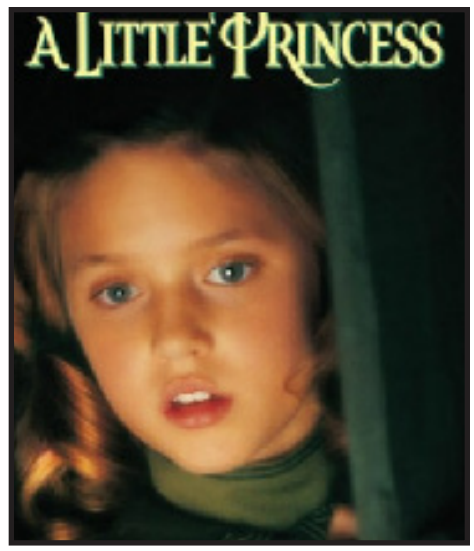
7. Pride & Prejudice (2005)

In this classic romance, a head-strong Elizabeth Bennet catches the eye of a rich and prideful Mr. Darcy. As the two on his twelfth whisked dance around each other with secret intentions, Elizabeth's family is falling into poverty, and their last hope is Mr. Darcy's wealthy best friend, Mr. Bingley. Will Elizabeth be able to overcome her stubbornness, and will Mr. Darcy be able to overcome his prejudice of falling in love with a woman from a lower class?



8. A Little Princess (1995)

Sara's father is moved from being stationed in India and must enlist as a soldier in World War I. Moving to New York City, Sara is enrolled in an expensive boarding school where following the dull rules seems so foreign to her. After her father is presumed dead, the Head Mistress (knowing that Sara can no longer pay for her stay) forces her to become a servant. Still finding the joys in life and imagination, Sara makes her dreams come true.



9. Harry Potter and the Sorcerer's Stone (2001)

This family-friendly movie is sure to put you in the fall spirit with young witches and wizards exploring the magic they hold within them. Orphan Harry Potter learns he's a wizard on his twelfth birthday and whisked away to the magical school of Hogwarts. There, he befriends Ron Weasley and Hermonie Granger as they go on an adventure to save their school from the hands of a dark sorcerer.

10. Hugo (2011)

Hugo is an orphaned boy who lives in the walls of a train station in 1930s Paris. After his father passes away, the only thing he has left of him is an automaton that Hugo believes holds the secret to his father's memories. He enlists the help of a shopkeeper's goddaughter, Isabelle, as they go on an adventure to solve a mystery that goes deeper than they thought. With warm colors and dark academia aesthetic, this movie will inspire you to solve a mystery or two of your own this autumn.

HALLOWEEN SAFETY

HOW TO STAY SAFE ON AND OFF CAMPUS THIS YEAR

By Satyne Doner, Co-Editor-in-Chief

1. Be thoughtful about your costume.
2. Stick to well-lit areas and use the buddy system.
3. Drink responsibly.
4. Travel with caution.
5. Respect personal boundaries.

1

When brainstorming costume ideas, pick something easy to move around in.

Make sure it is visible at night or consider adding reflective tape or accessories to make you noticeable.

Be cautious of flammable or uncomfortable materials.

2

Whether you are barhopping or going from event to event, always use the buddy system and stay with a group of trusted friends. Go out with a fully charged phone, and always let someone trusted know where you are. Stay in well-lit areas and avoid shortcuts through unfamiliar neighborhoods or dark alleyways.

3

You know the drill - if you plan on drinking, do it responsibly. Eat before you start pregaming and know your limits! Never accept an open drink from strangers, and always keep an eye on your own drinks to avoid tampering.

4

If you are walking or biking between Halloween parties, use crosswalks, obey traffic signals, and wear reflective clothing so drivers can see you cross. If you are driving, consider using rideshare services like Uber or public transportation. Arrive alive, do not drink and drive!

5

Halloween is exciting and festive, but make sure you are respectful of personal boundaries and consent. Avoid engaging in or condoning in any behavior that would make someone feel uncomfortable or unsafe.

Saint Leo University re-launches off-campus trips: A day at The KRATES

Saint Leo University has now taken the initiative to host at least two off campus trips per month since the trip to The Krates (Photo by Crystal Smith).

Crystal Smith
Managing Editor

After a long year of students requesting Saint Leo University officials to re-launch off-campus trips, their request has finally been approved! On September 16, the Campus Activities Board hosted its first off-campus trip of the year to The Krates in Wesley Chapel.

The Krates, located about fifteen minutes away from the University by car, provides students with the opportunity to reconnect with their cultures, hobbies, and personal interests.

"I chose The Krates as our first location for the re-launch of off-campus trips because of the diversity that it offers to all students. It does not only offer students a chance to delve into the richness of the cultural cuisines prepared by a few of restaurants in this area, but also a chance to bond and network with other students over shared interests," said Judeah Moss, the event coordinator and special events chair on the Campus Activities Board.

New and returning students were thrilled to finally take part in Saint Leo's longstanding tradition of off-campus trips as they eagerly signed up for shuttle seats.

"It feels great to be a part of the reinvention of off-campus trips. This is my first time at The Krates, and I am extremely interested to see what it has to offer," said junior in marketing Andria Astwood. "It also feels great that students' voices and requests are finally being acknowledged."

As students explored The Krates, there was an abundance of laughter, positive energy, and moments that will last long after this trip.

This great initiative by the Campus Activities Board left students interested in re-attending The Krates during their free time with friends and family.

"I never attended The Krates before, but I'll definitely be back soon," said Leonardo Kelly, a senior in business management during an interview.

As students bid farewell to The Krates, everyone left with a sense of gratitude and positive energy, pleased to have taken part in this experience.

This trip served as a reminder not only to the Campus Activities Board but also to the Student Government Union of the satisfaction derived from hosting momentous events for the student body. In conclusion, students are ecstatic to see what other events are in store for them this year!

In addition to the Brew Bar, there are 93 other shops at The Krates. (Photo by Crystal Smith).

The Krates is one of the world's largest container parks, drawing tourists from all over the globe! (Photo by Crystal Smith).

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Constitution Day 2023: Saint Leo University's dedication to constitutional values

Emily Hernandez Dominguez
Campus News Editor
Sophia Sullivan
Arts & Culture Editor

On Thursday, September 14 at 7 p.m., multiple students flocked to Saint Leo University's TECO Hall for an intriguing event: a Constitution Day panel discussion hosted by the social sciences department.

With a different theme every year, the event continues to draw in new students and faculty annually. This year's theme centered around what the Constitution says in terms of emergency powers and civil liberties. Some recent events mentioned include COVID, immigration, imports, national security following 9/11.

Professor Frank Orlando, political science instructor, moderated the event.

"First, any institution of higher learning that receives federal funds needs to host a Constitution Day event according to federal law," said Orlando.

The four panelists all hailed from different academic backgrounds: biology, criminal justice, political science, and religion.

Dr. Austin Trantham, assistant professor of political science, kicked off the discussion with his foundation in political science. He spoke about Abraham Lincoln's imposition of martial law and local governments' roles in COVID-19 mandates.

"As someone who teaches about politics and promotes civic education, I believe that Constitution Day is an important event that provides everyone in our campus community with a yearly opportunity to critically engage with and reflect upon significant political, legal and societal issues," stated Trantham.

Next, Dr. Joseph Cillo, assistant professor of criminal justice, enthusiastically shared his perspective with his expertise in criminal justice, speaking about the constitutionality of mandates and how they compare to laws.

Dr. Eric Hannel, adjunct professor, offered an interesting perspective, as someone who has experience in the armed forces, Capitol Hill, and academia. As such, he spoke about the essentiality of checks and balances in the United States government and brought in a biological perspective.

"The conversation around COVID was a timely topic of discussion and of great interest to everyone in attendance," said Hannel. "Across the country, discussions about the constitutionality of vaccines and masks have been raised for years, sometimes even by those using disinformation, misinformation, and malinformation."

Lastly, Dr. Marc Pugliese, the associate dean of the College of Arts, Sciences, and Allied Services, emphasized the conflicting nature of lockdown mandates and religious freedom. He questioned if "liberty is the highest social value" for Americans.

"People along all points of the political spectrum on any number of issues today will seek to ground their positions in the Constitution, analogous to how members of the same religion who hold some very different views will all claim the authority of the same sacred texts for their respective positions," stated Pugliese.

Here at Saint Leo, community is highly valued. It was evident in the diverse group of students who attended the event and the points discussed.

Students participated by completing a Constitution quiz, registering to vote, and asking questions to the panelists to contribute to the discourse.

Constitution Day is celebrated every year on September 17, the day the Constitution of the United States of America was signed in 1887. It was at the Constitutional Convention in Philadelphia, Pennsylvania that the Constitution came to be adopted as America's code of laws.

136 years later it is still being used to consult on all sorts of contemporary issues such as abortion, gun control, and the election process.

"I hope that all students who attended Constitution Day this year became more aware of how their constitutional liberties can be impacted by political decisions made in response to extraordinary national and global events," added Trantham.

Just because the Constitution is a piece of history does not mean its contents are in the past. Its significance is still prevalent today, and it will be for future generations if young people continue to rise and speak out. There are multiple ways to let your voice be heard, even as a college student.

"It is important to know the issues, which might require us to learn about important topics from multiple sources for a well-rounded perspective," advised Hannel. "Become well informed, engage in public discussions (town halls, etc.), vote, watch debates, volunteer to assist in campaigns, speak to legislators about important issues, blog/post issues for discussion, or even run for office."

Learning about the Constitution is only the foundation of democratic participation. What counts is action.

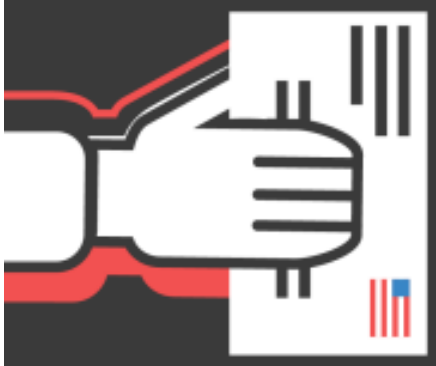
"It's your country, your world," said Hannel. "Engage in your future."

"While the American judicial system holds a unique role in interpreting and applying the Constitution, interpreting and applying the Constitution is in a sense a duty of every American citizen." (Photo by Alicia Luecke)

HOW TO

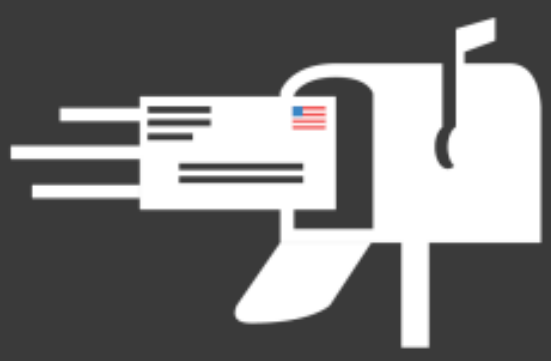
VOTING BY MAIL

Vote.org provides voters with a request form for an absentee ballot that requires a first and last name, permanent home address, birth date, and email address. When it arrives, it's important to bring your ballot to a drop-off location rather than shipping it yourself, as it's more likely to get sent in time through the drop-off location. Instructions will be provided inside of the absentee voting ballot.



The United States Postal Service encourages voters to mail their ballots at least one week before election day, but the earlier the better – so it's best to return the ballot before Tuesday, Oct. 27 this year.

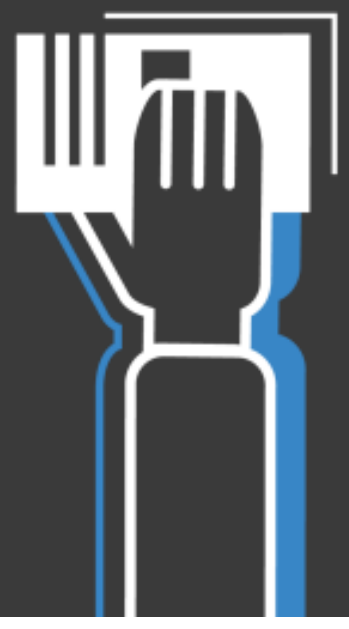
Registered Florida voters can check the status of their Absentee ballots with the Division of Election's Voter Information Lookup. Some states don't allow absentee voting without documentation likeNew York and Texas, while other states mail ballots directly to all voters like California and Colorado, so make sure you're aware of the rules of your home state. In other states like Florida, voters are allowed to use absentee ballots but must request it in advance.



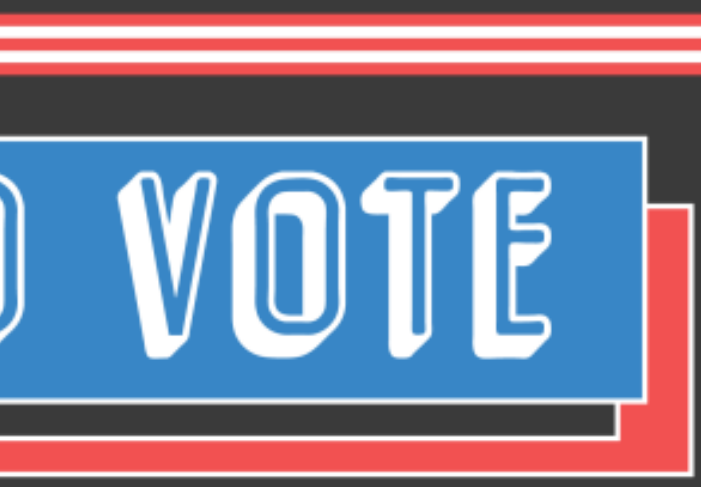
VOTING IN-PERSON

If you didn't request an absentee ballot this year, don't worry. Early Voting begins Oct. 19 and will last until Nov. 2. Many people are choosing not to vote in person this year. Still, not everyone trusts the mail-in system, so the best solution is to vote early. If you go onto the Division of Election's Voter Information Lookup, it's free to check at which precinct you are able to vote.

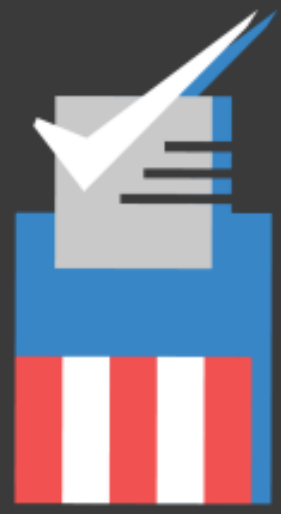
The website will also inform you of the early voting period for your precinct in case you are unable to make it in person on Nov. 3, or if you want to avoid the crowd. Make sure to bring a mask and distance yourself from other voters and staff if you choose to vote in person. Staff will be equipped with masks, sanitizer, and will enforce social distancing.



Info by: **Ryn Williams,** *Social Media Manager*
Graphics by: **Christian Silva,** *Creative Director*



MAKING A VOTING PLAN



A field experiment done by Harvard University in 2008 found that people who make a concrete voting plan are more likely to vote. A voting plan consists of knowing exactly when and where you will go, instead of just telling yourself you will vote at some point. Encouraging others to vote is another great way to stay on-track for your personal voting plan. Try making a goal to talk to at least one person every day until Nov. 3 about voting – different perspectives can be learning experiences, and it's helpful to stay informed.

HOW TO FIND SAFE NEWS

According to a Gallup poll, over 62 percent of Americans believe that the news they consume is biased. This is due to certain news publications taking their own beliefs and spreading them which can be dangerous. Unfortunately, there is no such thing as unbiased news, but finding the most factual news is the best choice. Try finding news sites that are dedicated to the truth and notice who they're funded by. There are also some websites, like All Sides, that present articles from the left, right, and center. They also catalogue how far left or right certain news sites are.

DEBUNKING "VOTING ONLINE"

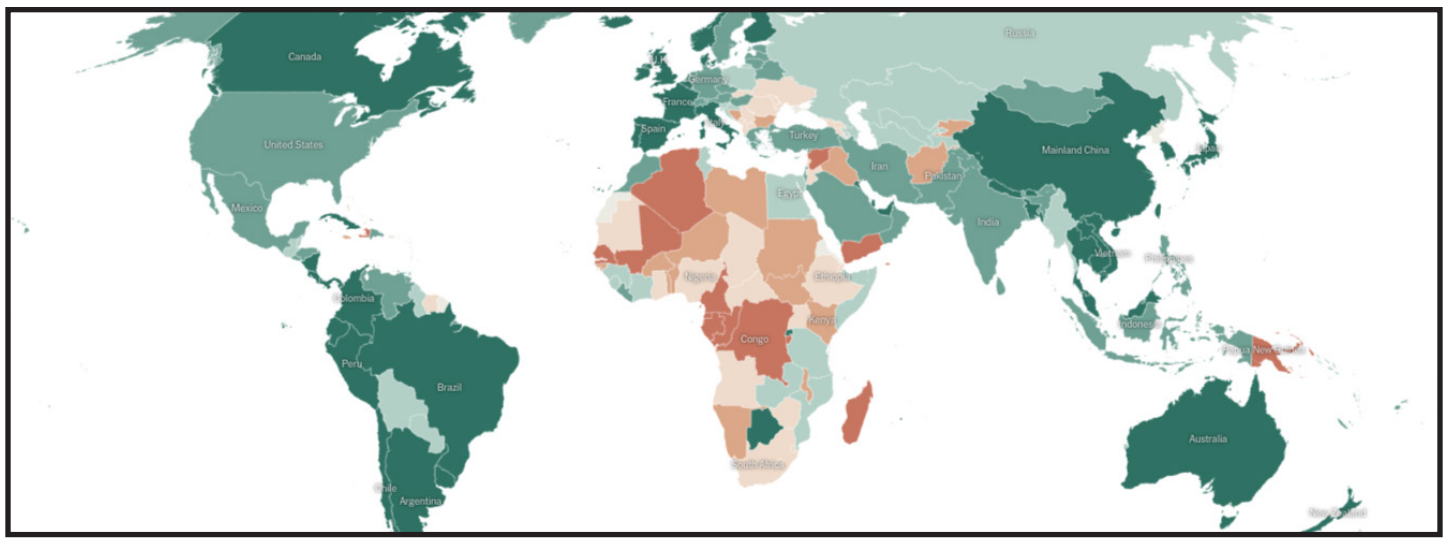
Due to this year's circumstances, several states are allowing online voting for military members and dependents in Hawaii, Idaho, Louisiana, Utah and the District of Columbia, under the Uniformed and Overseas Citizens Absentee Voting Act (UOCAVA). Over 100,000 service members sent in ballots electronically in 2016, despite cybersecurity experts stating that online voting can have risks, like hacking and privacy breaches. As of 2020, civilians are not allowed to vote in federal elections. The only way to vote without being present, is to request an absentee or mail-in ballot.

BEWARE OF SCAMS!

If a website claims you can vote online, avoid it. It's impossible unless you are a service member. Never enter your social security number online unless you are absolutely sure that it isn't a scam. Voting websites will never ask you for any other information than what was listed above: your full name, street address, date of birth, and email or phone number. Make sure to verify that the site you are looking at is legitimate: are they non-profit? Is it a government site, related to your education or finances? A good rule of thumb is to avoid putting your SSN anywhere on a website that has ads.

COVID-19 vaccine update

Ryn Williams
Former Layout Editor



While billions of doses have been distributed around the world, certain nations have suffered. Burundi has a vaccinated population of 0.3 percent. (Graphic via New York Times)

COVID-19 has adapted rapidly since its discovery. While previous vaccines offered effective immunity, COVID-19 has continued to evolve, most notably into the Omicron variant.

According to the Centers for Disease Control and Prevention (CDC), deaths due to the Omicron strain of COVID-19 spiked in Oct. 2021, reaching over 1,600 deaths per 100,000 people.

Vaccine development has continued to evolve alongside the SARS-CoV-2 virus. In mid-September, both the Food and Drug Administration (FDA) and the CDC approved the updated Pfizer-BioNTech and Moderna vaccinations. In early October, both organizations approved the Novavax vaccination.

Both Pfizer-BioNTech and Moderna vaccines target the deadliest subvariant of the Omicron strain and are mRNA vaccinations. mRNA vaccines carry a message teaching the body how to fight SARS-CoV-2, instead of presenting a form of the virus to the immune system. Because mRNA vaccines do not use dead or weakened viruses to stimulate an immune response, they can be modified much easier and require less time and cost to develop.

Before the COVID-19 pandemic, mRNA flu vaccines were in clinical trials at Penn Medicine. Existing research helped develop vaccines from Pfizer-BioNTech and Moderna laboratories. Now, because mRNA vaccines are so effective and highly researched, scientists at Penn have demonstrated promising results of mRNA vaccines to help the body fight cancer cells.

Unlike the Pfizer-BioNTech and Moderna mRNA vaccinations, the Novavax vaccine is protein-based. According to an article by Nebraska Medicine, the protein in Novavax is developed from moth cells and the adjuvant originates from tree bark. Scientists introduced antigens from SARS-CoV-2 into an insect virus and infected moth cells. Then, the researchers took the spike proteins (the moth cells' reaction to the virus) and purified them to create the Novavax vaccination. The adjuvant, an extract of the soapbark tree, encourages immune cells to produce a more intense immune response.

Pfizer-BioNTech, Moderna, and Novavax vaccines are the only approved COVID-19 vaccinations in the United States. There are a total of ten COVID-19 vaccines that have been approved by a regulatory authority recognized by the World Health Organization (WHO) around the world.

Other forms of COVID-19 vaccines include non-replicating viral vectors and inactivated vaccines. Non-replicating viral vector vaccines such as the one manufactured by Janssen (Johnson & Johnson) use genetically modified strains of the targeted disease that cannot replicate inside of the body, but still elicit an immune response. Inactivated vaccines use a killed version of the virus to stimulate an immune response.

As of Oct. 13, 70.5 percent of the world's population has received at least one dose of a COVID-19 vaccination, according to Our World in Data. Over 13 billion doses have been administered, according to WHO.

According to the National COVID-19 Preparedness Plan, which can be found on whitehouse.gov, the White House Administration will "continue to ensure" that all Americans have access to free vaccines. Many pharmacies local to Saint Leo University are participants in the Bridge Access Program. Pharmacies that participate in this program are contractually obligated to provide the COVID-19 vaccine at no cost.

According to the White House Administration, the United States has produced over 1 billion vaccines "for the sole purpose of donating them." As a result of this effort, the U.S. government has given millions of doses to 112 countries.

While the Public Health Emergency declaration was lifted by the CDC in May 2023, thousands of Americans continue to be affected by the COVID-19 infection. Experts at the American Lung Association agree that COVID-19 "may never go away."

While SARS-CoV-2 may stick around, its status may change. With vaccines, COVID-19 may change from pandemic status to endemic status. Endemic diseases regularly occur within certain communities. Other examples of endemic diseases are influenza, HIV, and malaria.

Every year, different vaccine manufacturers produce a new influenza vaccination to target different strains. This may be the case for SARS-CoV-2 and booster shots. Vaccine research continues to develop.

President Joe Biden receiving the COVID-19 vaccination at the White House. (Photo by Adam Schultz)

Athletes on Air - Jeanette Henderson– Beach & Indoor Volleyball

Pia Perthen
Sports Editor

The Saint Leo volleyball court always gets electric as soon as a game is going on, whether it is indoor volleyball in the Marion Bowman Center or beach volleyball outside at the sandy courts.

In the middle of this electric atmosphere, Jeanette Henderson brings on the heat with her teammates and fights for the win.

Henderson is a senior majoring in marketing and was born in Tampa, Fla. Starting sports at a young age pays off, as Henderson started to play indoor volleyball at nine and beach volleyball at 14 years old.

In indoor volleyball, she plays the position of a libero, which can be recognized on a different colored tricot, or she functions as a special defender, and sometimes her position can be an outside hitter. Having played the sport since an early age, Henderson has a strong connection to it.

"I like that both beach and indoor volleyball provide a family-like environment, and this is special to me since a lot of my close friendships have started from playing volleyball," Henderson said.

The definition of having success for Henderson is small accomplishments that sum up at the end. Henderson fought her way up from not always getting playing time at volleyball games to becoming a starter.

"It was tough for me coming from an area where I was a standout player to next being surrounded by players who had the same skill level as me. I am sure many first-year students can relate to that," she said.

Her favorite memory from Saint Leo was when Henderson, together with her teammates, beat Rollins College (3-0) on their home court at the Marion Bowman Center during indoor volleyball season.

Volleyball is a big piece of Jeanette's life; she shows her positive and encouraging mindset on and off the court. (Photo taken by Saint Leo Athletics Department).

"It was a fun and intense game that honestly re-sparked the love that I have for the sport," Henderson said.

Another great accomplishment for Henderson was when she got her career high of 36 digs in a game against Florida Southern University this past season.

A dig is a defensive bump that keeps the ball from hitting the floor when sent to the other side during an offensive attack. Her success is not from pure luck, as Henderson practices a lot to be the best version of herself on the volleyball court.

"I am in season all year long; my only 'off-season' would be during the summer and winter break, and even then, I am working out every day and playing volleyball as much as I can," Henderson said.

Henderson's biggest goal would be to leave a positive legacy on the Saint Leo volleyball community and be remembered as an athlete with a positive mindset. This represents her motto: to stay positive and always remember to be true to oneself no matter what.

"I am a very friendly person and am not afraid to be my true self no matter where I am, and I believe that shows when I play out on the court," she said.

Henderson got a lot of her positive mindset from her idol- her dad. He has been a women's basketball coach and, therefore, can relate to what an athlete is going through. His understanding has helped Henderson grow up as an athlete.

"My dad was always there for me playing my sports, and he also helped me cope with the mental aspects of being an athlete. He is the reason I am mentally strong today," Henderson said with a proud smile.

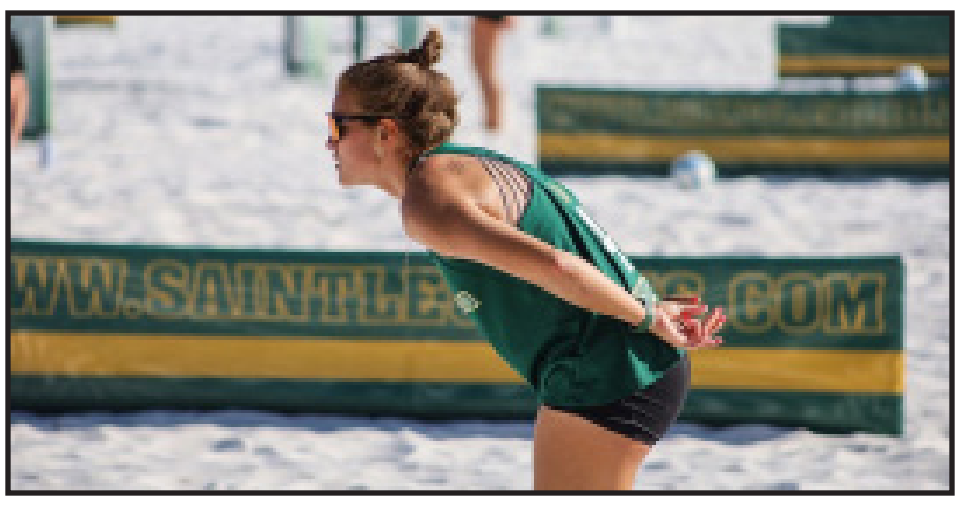
Henderson won the Miss Saint Leo award during the Green and Gold Awards 2023, voted on by all student-athletes. She is also part of the Saint Leo Student-Athlete Advisory Committee (SAAC) and was elected as secretary for the upcoming school year.

"The best way to describe winning Miss Saint Leo, from my point of view, is heartwarming. I love to be involved with the school and other athletes, and SAAC is honestly the best way to do that," Henderson shares.

Apart from playing volleyball, Henderson likes to rollerblade as it is a fun way "to get the heart pumping," and she loves to spend time with her family and dog, Soco. Henderson's career path is not set in stone, but she knows she wants to succeed in the marketing business field.

"Good luck to everyone this year and to their seasons. And as always, GO LIONS!" Henderson finished the interview with positive and encouraging words.

Henderson won the Miss Saint Leo award at the Green and Golds event. (Photo taken by Saint Leo Athletics Department).



Henderson brings on the heat on the court and is determined to win with her teammates. (Photo taken by Karen Hastings).

Fall 2023 Sports Preview

Pia Perthen
Sports Editor

After a tough ending and sad news for some of Saint Leo University's athletic teams and athletic department employees in the Spring 2023 season, the Saint Leo Lions are trying to make the best out of the fall 2023 season and have already started it with a bang.

Due to the operational changes Saint Leo had to make last semester, the following sports sadly will not continue this year at campus: men's and women's cross country, men's and women's track and field, and men's and women's swimming.

Additionally, the previous Director of Athletics, Francis Reidy, is not returning to Saint Leo this semester. Instead, Marcal Lazenby, a valuable member of the Saint Leo Athletic Department since August 2017, has been announced as the Interim Director of Athletics and has been implementing the motto "One Pride" since the beginning of the fall 2023 season.

Academically, the Saint Leo Lions are trying this season to tie on their success from last semester as Saint Leo placed No. 195 of the 1,678 student-athletes on the Spring Sunshine State Conference (SSC) Commissioner's Honor Roll presented by Barnes & Noble College. To be eligible for this award, a student-athlete must post a minimum grade-point average of 3.20 on a scale of 4.00.

Must-Watch Games		
Home Events		
Volleyball	Oct 13 (Fri)	vs Barry
Volleyball	Oct 14 (Sat)	vs Lynn University
Men's soccer	Oct 14 (Sat)	vs Lynn University
Women's golf	Oct 16 (Mon) -Oct 17 (Tue)	
Women's soccer	Oct 18 (Wed)	vs Embry-Riddle University
Men's soccer	Oct 21 (Sat)	vs Embry-Riddle University
Volleyball	Oct 31 (Tue)	vs University of Tampa

The Lions will be hosting some exciting home events this fall 2023 season. (Photo taken by Saint Leo Athletics Department)

Men's Golf:

The Saint Leo men's golf team finished their Spring season with a second place in the 2023 SSC Men's Golf Championship in Miami Beach, Fla., and a No. 15 out of 20 teams at NCAA Regionals at the Grande Oaks Golf Club in Davie, Fla.

Francois Cilliers, Alex Heck, and Jake Nash made it on the 2022-23 GCCA All-American Scholar Division II list. To be selected for this honor, male golfers must participate in 50 percent of their team's competitive rounds, play under 78.0 strokes, and maintain a minimum cumulative career grade-point average of 3.2.

The Saint Leo Lions had a solid start to the fall 2023 season as grand senior Jake Nash won the Griffin Invitational in Petersburg, Va., and helped lead the team to win the tournament in the team category.

Head Coach Chris Greenwood said after the tournament, "It's always nice to get a win. It is special to win the Griffin Invitational."

In addition, sophomore Enzo Barbaglia took home the win at The Shark Invitational in Fort Lauderdale, Fla., with a total score of -7 (206 strokes).

Men's golf hopes to continue their success and will play their next tournament, Copperhead Championship, on Oct. 22 – Oct. 24. at Innisbrook Resort, Fla.

Women's soccer has had a solid start into their season and are trying to continue their success. (Photo taken by Saint Leo Athletics Department).

Women's Golf:

Last year the Lions ended their 2022-2023 season at the 2023 SSC Women's Golf Championship where they tied for fourth at Lake Jovita Golf and Country Club in Saint Leo, Fla.

Additionally, the women's golf team found success both on and off the course in five athletes, Laurence Lamer, Elena Verticchio, Pia Perthen, Maya Cote, and Ana Valentina-Guarderas being named WGCA All-American Scholars. For an athlete to be named to this list, they must carry a cumulative GPA of 3.5 or higher and have competed in at least 50 percent of tournament rounds.

"Looking back at last season, I'm proud of the progress we made as a team. It is motivating to see how far we have come, and it fuels our determination for the new season," Head Coach Lyndsey Bevill said as she reflected on the 2022-2023, season.

These words turned out to be true as the women's golf team started the fall 2023 season with immense success.

Sophomore Olivia Deakins won their opening tournament, DBU Classic, at the Robinson Ranch WildHorse Golf Club in Texas, with an outstanding total score of -9 with rounds of 67, 67, and 73. Marking this Olivia Deakin's first collegiate win, she also got awarded with SSC Player of the Week. The team was second before the final day and ended up in seventh place after the final round.

The female Lions are continuing their season from Oct 9 - Oct 10 at Achasta Golf Club in Dahlonega, Ga. for the 10th Annual LeeAnn Noble Memorial, followed by their home tournament on Oct. 16 – Oct. 17 at Lake Jovita Golf & Country Club.

Saint Leo women's golf will end the fall 2023 season with The NCAA Preview on Oct. 30 -Oct. 31 in Orlando, Fla.

Men's Soccer:

The Saint Leo University men's soccer team concluded its fall 2022 season as the Lions fell to Lynn University 2-0 at Bobby Campbell Stadium in Boca Raton, Fla. The Saint Leo Lions finished their season 7-9 with two conference wins.

After the finish of their last fall season, the College Sports

Fall 2023 Sports Preview continued

The Lions are locked in and are giving their best on and off the volleyball court. (Photo taken by Saint Leo Athletics Department).

Communicators (formerly CoSIDA) announced its Academic All-District, as Graduates Ricardo Ceballos and Miguel Fernandez, along with Sophomores Luca Tiozzo, Noah Kvifte and Sebastian Inigo, were selected to represent the Saint Leo University men's soccer team.

The 2022 Academic All-District® Men's and Women's Soccer Teams, selected by College Sports Communicators, recognize the nation's top student-athletes for their combined performances on the field and in the classroom.

Under the guidance of Head Coach Brett Parker, the Lions opened their 2023 season at home versus the Auburn Montgomery Warhawks on September 1 which resulted in a 0-1 loss.

The season's first conference game was on September 20 away at Tampa, where the Lions won 1-0.

After ten games, and as of Oct. 4, the men's team's overall records are 3-3-4 (wins-ties-losses).

Ricardo Ceballos has been awarded the SSC Defensive Player of the Week due to his fantastic efforts versus Tampa and Florida Tech. This will be Ceballos' second time receiving this award and the first time this season.

Their next home games will be on Oct. 14 against Lynn University and Oct. 21 against Embry-Riddle University. The Lions will close their regular season versus Rollins on Nov. 3 at home.

Women's Soccer:

The Saint Leo women's soccer team is coming off a successful 8-6-2 fall 2022 season that saw them reach SSC postseason play, and they had four times the number of wins than in the previous season.

Just like the men's team in fall 2022, the College Sports Communicators announced its Academic All-District team, as graduates Maitane Bravo, Raylyn Straubmuller, and Caitlin Strong, along with seniors Nina Mueller, Alexa Guido, and Jill Sutherland were selected.

The Lions kicked off their fall 2023 season under the lead of Head Coach Ged O'Connor as they travelled to Palm Beach Atlantic to take on the Sailfish on September 2 and tied with 1-1.

Their first conference game of the season was held on September 20 at the Saint Leo Soccer Field against the University of Tampa, where they tied 0-0.

The team and their alumnae will be hosting a Leukemia Awareness Night in honour of Saint Leo alumna Jasmine Johnson, who fought to bring awareness to the cause throughout her lifetime. Johnson, a two-time All-South Region selection for the Lions, battled leukaemia in 2009 until her untimely passing in May 2020.

In a lead-up to the evening game, Saint Leo student-athletes will host two stations on campus from 12 p.m. to 4 p.m. on Wednesday, October 18, to allow students, faculty, staff, and community members to join the registry and get swabbed.

Afterward, the Lions will play Eckerd College on the Saint Leo Soccer Field.

The Lions will finish the regular season versus Rollins on the road on Oct. 31 with a 7 p.m. start time in Winter Park.

Volleyball:

The women's volleyball team closed out their 2022 regular season on the road against the University of Tampa with an overall record of 12-19 (wins-losses) and an SSC record of 5-15.

Like soccer, the College Sports Communicators announced its Academic All-District Team in fall 2022, as seniors Elizabeth Sandoval, Skylar Singleton, and Ally-Reese Williams, along with junior Jeanette Henderson, were selected to be on the list.

The Lions opened the 2023 season against Edward Waters on Sept. 1. Under the lead of Head Coach Natalia Koryzna, the Lions swept the Tigers 3-0 and kicked off the season with an early 1-0 record. Their current record after 13 games is 8-5, and an SSC record of 3-4 as of Oct. 6.

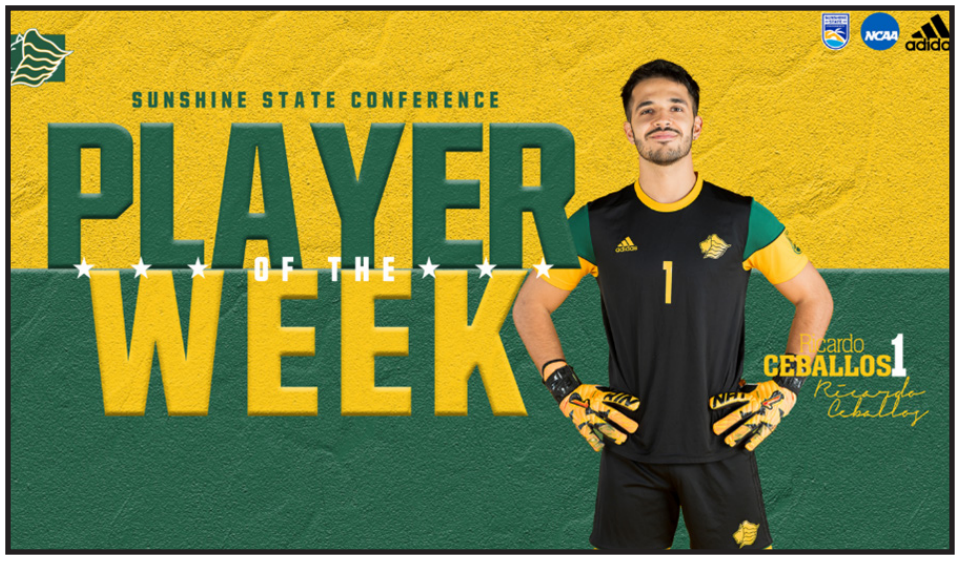
The first conference game of the season took place on September 15 in Lakeland, Fla., where the Lions lost against Florida Southern College 0-3.

Upcoming home games are on Oct. 13 vs Barry University, Oct. 14 vs Lynn University, and Oct. 31 vs the University of Tampa in the Marion Bowman Activities Center on the Saint Leo campus.

The volleyball team will close out the regular season in a matchup versus Lynn University on Nov. 17 as the squad will travel to Boca Raton.

For the latest news, updates, and information about sports, visit the Saint Leo athletics website. Fans can also stay up to date on the latest Lions news by following Saint Leo Athletics on Facebook, Twitter (X), Instagram, or YouTube.

Women's golf had a solid fall 2023 season start, with Deakins shooting some low rounds in Texas. (Photo taken by Saint Leo Athletics Department).



Ceballos has been awarded the SSC Defensive Player of the Week and the Lions have achieved overall records of 3-3-4 (as of Oct. 4). (Photo taken by Saint Leo Athletics Department).

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